



## GARDEN ROUTE COLOUR SPLASH

5KM COLOUR FUN RUN/WALK

### RULES AND REGULATIONS

Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The Race Referee's decision is final. The Race Organizer reserves the right to accept/ reject any entry received.

**Dress code:** Comfortable walking or running shoes.

**Cut-off time:** All athletes to be finish by 10h00

**Distance markers:** Will be placed at every kilometre.

**Refreshment Tables:** Water shall be available at 2km mark and finish.

**Road:** Athletes must stay on the right-hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

**Safety Rule (all distances):** No Earphones (ASA Rule 34.10.6), Animals (ASA Rule 34.10.1), Racers (ASA Rule 34.10.3), or Wheelchairs (ASA Rule 34.10.4) allowed.

**Seconding:** No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2)

Race (Fun Run)	Entry Fee	ALL AGES WELCOME
Children under 19years	R30.00	
Adults 20 years and older	R50	



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SATURDAY, 2 NOVEMBER 2019 | 08H00 | KAAI4  
HELD UNDER THE RULES OF ASWD, ASA AND IAAF



**Registration and Pre-entries:** 31 October & 1 November 2019

Venue: Mossel Bay Harriers Clubhouse, Van Riebeeck Stadium

Time: 14h00 – 18h00

You can also email entry form with proof of payment to [harriersmbay@gmail.com](mailto:harriersmbay@gmail.com) for pre – registration and [vuyokazi.sabani@transnet.net](mailto:vuyokazi.sabani@transnet.net) (proof of payment only)

**Bank Details:**

**Bank Name:** Standard Bank

**Account Name:** Transnet National Ports Authority

**Acc. Nr:** 082849501

**Branch Code:** 050414

**Late Entries:** 2 November 2019 Station street from 06h00 – 07h45

<b>Start:</b> 08h00 in Station Street, Mossel Bay (Entrance to harbour)	<b>Finish:</b> Kaai 4, Harbour, Mossel Bay
<b>Ablution:</b> Available in Port area	<b>First Aid:</b> On route and finish
<b>Hand-outs:</b> Lucky prizes	<b>Medals:</b> Medals will be given to the first 100 participants who complete the race
<b>Prize giving:</b> Time: 10h00   Venue: Kaai 4. Participants needs to be present to receive prize money.	<b>Prize Money:</b> Equal prize money for male and female athletes. First child: Under 19 years old (Male and Female) R 250 each First adult: 20 years and older (Male and Female) R 250 each
<b>Route:</b> Easy mostly flat circle route with about ± 500 metre on paved walk way.	<b>Welcome:</b> Runners and walkers

**Enquiries:** Paulus Allart: 0734125440 | Amelia Botha: 0767822091 | Gillian Jansen: 0783316542 (Pre-Entries)



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SURNAME							
FIRST NAME							
DATE OF BIRTH	D	D	M	D	YYYY	AGE	
MALE					RUNNER		
FEMALE					WALKER		
ADDRESS							
CELLPHONE No.							
EMAIL ADDRESS							
EMERGENCY CONTACT / CELL							
ID / BC / PP / DL No.							
PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 - 49 / 50 - 59 / 60-69 / 70+							
RACE	ENTRY FEE				TOTAL		
Fun Run: Children (<19 years)	R30						
Fun Run: Adults	R50						



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### INDEMNITY / DISCLAIMER

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

### MINOR RELEASE

I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Printed name of participant (parent/guardian in the case of a minor)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_